






WELLESLEY COA SENIOR LUNCH PROGRAM

November 2016

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled to partner with Express Gourmet of Wellesley for our popular senior lunch program. Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. *Please inform COA Staff and Volunteers of any food allergies at the time of registration*. Please call the Wellesley Council on Aging with any questions at 781-235-3961.

TUESDAY	THURSDAY	FRIDAY
<u>November 1</u> Beef Stew over White Rice Steamed Vegetables Chocolate Ice Cream	<u>November 3</u> Salmon over Field Green Salad (<i>Mesclun mix, Dried Cranberries, Goat Cheese</i>) Tiramisu	<u>November 4</u> Roast Turkey Club Panini Potato Chips Reese Peanut Butter Cookie
<u>November 8</u> Chicken Cordon Bleu over Linguini Garden Salad Chocolate Chip Cookie	<u>November 10</u> The River Sandwich (<i>Ham, Gouda, Mustard, Lettuce, Tomato, Onion</i>) Potato Chips Black Raspberry Ice Cream	<u>November 11</u> COA Closed 
<u>November 15</u> Chicken Quesadilla Garden Salad Chocolate Muffin	<u>November 17</u> American Chop Suey Garden Salad Cake	<u>November 18</u> Turkey Delight Sandwich (<i>Turkey, Honey Mustard, Apple slices, Sprouts & Bacon</i>) Oatmeal Raisin Cookie
<u>November 22</u> Smoked Brisket Garlic Bread Cole Slaw Chocolate Pudding	<u>November 24</u> COA Closed 	<u>November 25</u> COA Closed 
<u>November 29</u> Pulled Pork Sandwich Potato Chips Vanilla Ice Cream		

Special thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program!

For more information about FWCOA, visit their website:

www.wellesleyfriendscoa.com

Turn page for November movie schedule!





Free Friday Movies at the Wellesley Council on Aging

November 2016

Movies start at 12:30 p.m.

November 4: The Boss (2016) After serving time in lockup for insider trading, corporate tycoon Michelle Darnell sets out to reshape her public image. But her hilarious attempts at forgiveness make it difficult to find redemption. Starring: Melissa McCarthy, Peter Dinklage, and Kristen Schaal
Rated: R, 1hr 39min (Sexual Content and Language)

November 11— COA Closed (Veteran's Day)

November 18: Mother's Day (2016) Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches. Starring: Jennifer Aniston, Jason Sudeikis, Julia Roberts
Rated PG-13, 1hr58min

November 25— COA Closed (Thanksgiving Break)

